

# An Innovative New Program for Adolescents and Young Adults

## What is OnTrackNY?

OnTrackNY is an innovative treatment program for adolescents and young adults who recently have had unusual thoughts and behaviors or who have started hearing or seeing things that others don't. OnTrackNY helps people achieve their goals for school, work, and relationships.

## Is it right for me?

OnTrackNY is designed for individuals between the ages of 16 and 30 who have recently begun experiencing symptoms of psychosis such as unusual thoughts or beliefs, disorganized thinking, or hallucinations. If these symptoms have lasted for more than a week but less than 1 year, OnTrackNY might be right for you.

The program may be right for you if you are interested in getting help to reduce the effects of these mental health symptoms, complete school, get a good job, live on your own, and have rewarding relationships with friends.

You do not need health insurance to participate in this program.

## Who is the OnTrackNY Team?

In many treatment settings, you work with just one mental health professional, but with OnTrackNY, you will have the support of an entire team to focus on your situation and your goals. The team consists of a primary clinician who will offer you counseling and support, a psychiatrist to provide the best medicine available, a skills trainer to help you learn new and important skills and also help you with substance use problems if you have any, and a supported education/employment specialist who can help you get back to school or find a job.

You and your loved ones are the most important members of this team. You will work closely with the primary clinician and other staff to identify goals that are important to you and services that can help you to accomplish these goals.



"I can really open up to them and be myself. I feel like I can tell them anything I would tell my best friend."

*—program participant*



My health. My choices. My future.

## What should I expect?

We use a “shared decision making” approach, which means that you and your team work together to agree on the best treatment options for you. These include:

- A comprehensive assessment of your current situation and history
- Determining your personal recovery goals to guide your treatment plan
- Treatment and support from all team members
- Counseling for your loved ones to learn about psychosis and how they can support you in your recovery
- Coaching from vocational and educational specialists
- Treatment for drug or alcohol problems, if you have them
- Strategies for building healthy relationships and coping with problems in positive ways

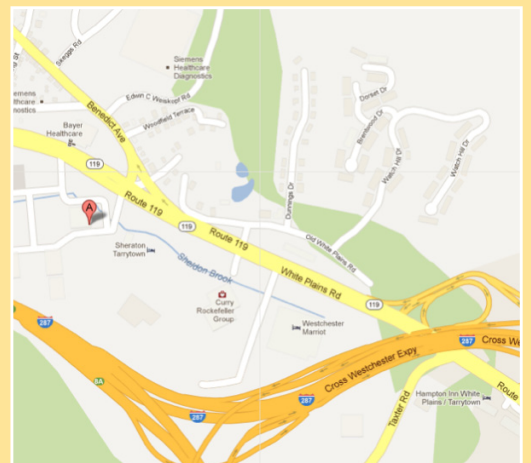
We look forward to working with you to get well and stay well!

## How do I find out more?

**Call:** 914-265-7526

**Visit:** [www.mhawestchester.org](http://www.mhawestchester.org)

## Mental Health Association of Westchester



**Find us at:**

580 White Plains Road, Suite 510  
Tarrytown, New York 10591

**OnTrack**  **NY**

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